

Curried Penne

Serves 4

30 minutes or fewer

30 minutes or fewer This unusual ingredient combination surprised VT staffers with its rich, satisfying flavor. Buttermilk creates a tangy, creamy pasta sauce—with half the fat of an Alfredo sauce.

- 8 oz. whole-wheat penne pasta
 - 3 Tbs. slivered almonds
 - 1 Tbs. canola oil
 - ½ onion, finely chopped (¼ cup)
 - ½ tsp. whole cumin seeds
 - 1 small tomato, diced (about ½ cup)
 - 1 ½ tsp. mild curry powder
 - Pinch cayenne
 - 1 cup frozen peas, rinsed under hot water
 - 1 cup low-fat buttermilk
 - 2 Tbs. chopped cilantro
1. Cook pasta according to package directions. Meanwhile, heat large skillet over medium heat. Add almonds, and toast 2 to 3 minutes, or until lightly browned, stirring frequently. Transfer to small bowl.
 2. Heat oil in skillet over medium-high heat. Add onion, and cook 2 minutes, or until softened. Stir in cumin, and cook 1 minute more, or until fragrant.
 3. Add tomato, curry powder and cayenne. Cook 1 minute, or until liquid has evaporated. Add peas, and cook 1 minute more. Remove from heat, and stir in buttermilk.
 4. Drain pasta, and transfer to large serving bowl. Toss with buttermilk sauce, top with cilantro and almonds, and serve.

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SOURCE: <http://www.vegetariantimes.com/recipe/curried-penne/>